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INDIGO GIRL TALKS
ABOUT NEW BATCH
OF SONGSTRESSES
AHEAD OF HALIFAX
SHOW **PAGE 16**



Populist policy promises

PM's throne speech
addresses cyberbullying,
interprovincial booze,
prison sentences **PAGE 12**

**Explore your
Maroon side**



Music First

Crunch the numbers

City budget. New
budget-allocator tool
allows public to have say



**ALY
THOMSON**
halifax@metronews.ca

So you think you can do a better job of balancing the budget than those at city hall?

You may have a chance. The municipality is turning to the public for input on how it spends money.

The audit and finance committee approved an online budget allocator tool Wednesday that will allow citizens to raise or cut taxes and services while working towards a balanced budget.

"It will give them a chance to see the impact their ideas might have on the final budget," said Mayor Mike Savage.

Savage said a report will be produced based on the data collected and councillors will examine it as part of their budget considerations.

"It's sharing with people

what actually goes into making a budget and getting their point of view as to how we should do it," said Savage.

"I'm a big believer that the more information you give the public, the better off you are. It's their information, after all."

The tool is part of a new pre-budget approach that includes consultations at community council and presentations from departments at audit and finance committee meetings, said Savage.

"The online piece is pretty cool," he said, adding that consultations will begin in November and the tool could be online around that time.

"Our folks have been working really hard on it."

Savage said the proposal will likely go before council sometime in the next few weeks.

Quoted

"I'm a big believer that the more information you give the public, the better off you are." Mayor Mike Savage



AMBER, AUBURN, UMBER EMBRACE

A cyclist heads into Halifax via the Chain of Lakes trail through a blanket of fall foliage on Wednesday. The colours of fall are alive and well throughout the municipality, making for some picture-perfect moments like this.

JEFF HARPER/METRO

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Cops appeal to drivers

Lake Echo woman charged with impaired driving causing death

Halifax police are reminding the public that everyone has "a role to play" in road safety, after a 20-year-old woman was charged with eight offences related to a fatal collision this summer.

Kyla MacLellan of Lake Echo was arrested Tuesday and appeared in Dartmouth provincial court the next day to face charges, including impaired driving in connection to a fatal crash near Lawrencetown Beach on July 10.

The collision happened just before 6 a.m. when an SUV struck a car head-on.

Mark Burnett, 55, was driving the SUV and died shortly afterward as a result of his injuries. Two women in the car were ejected from the vehicle and hospitalized with serious injuries.

Halifax RCMP spokesperson Cpl. Scott MacRae said charges were only laid now because blood samples or mechanical evidence have to be analyzed in "complex" impaired-driving cases.

"This is a tragedy where somebody lost their life," MacRae said. "We just can't have drinking and driving.... Everybody who's going to be a driver on our highways has a role to play in road safety."

MacLellan is charged with impaired driving causing death, impaired driving causing bodily harm and dangerous operation of a vehicle causing death, among others.

HALEY RYAN/METRO



Kate Varsava, left, and Jillian Funke at The Attic: Vintage and Vinyl on Wednesday. Varsava co-owns the store and will donate half of all sales on Friday to benefit Scott Jones, inset. JEFF HARPER/METRO; INSET: COURTESY FACEBOOK

'You just need to do something'

Scott Jones day on Queen. Friends, shops raise money for man stabbed in the spine



HALEY RYAN
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You can hear a smile in Jillian Funke's voice whenever she talks about Scott Jones.

Funke, 28, said she's been friends with Jones since the pair grew up in New Glasgow. She's organized a fundraiser

with Queen Street shops this Friday to do "something positive" for Jones while he recovers from a stabbing that left him paralyzed below the waist.

"You sit around wringing your hands for so long, and you just need to do something," Funke said Wednesday.

Jones, 27, was attacked early Saturday morning in New Glasgow by another man who stabbed him in the back, severing his spinal cord. He's in critical but stable condition.

A few of Jones' friends have said they believe he was attacked because he's gay, but police say they have no evidence

to indicate it was hate crime.

Funke and Andie Bulman, Jones' friend and owner of The Attic: Vintage and Vinyl store, decided to throw "Scott Jones day on Queen" this Friday. Shops will be accepting donations for the trust fund set up by Jones' family.

"They're all like the cool kind of stores he's into," Funke said of Put Me On, Elsie's, Encore, Makenew and The Attic.

Lululemon on Spring Garden Road also agreed to put out a donation jar for Jones.

She said his family has been overwhelmed by support since the incident and that there's

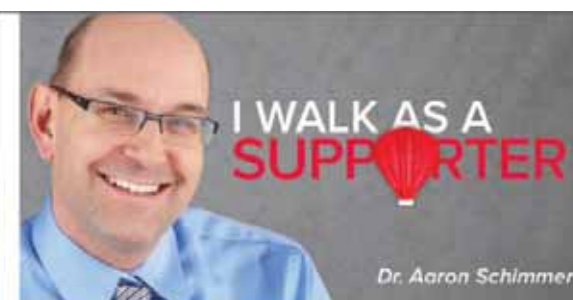
"never a lack of people in the waiting room" at the hospital.

"Once you meet him, he's your friend," Funke said. "Everybody's pretty much fighting over who gets to love him the most."

Funke said the donations, along with half of Friday's sales from The Attic, will go toward Jones' rehabilitation and other expenses. People can also visit supportscottjones.com.

"His life's going to change a lot," Funke said. "We just don't want him to have to worry about money ... but nobody's more positive than Scott; he's got such a happy outlook."

1 NEWS



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Shot to death. Murder case of Donald Stevenson still cold three years later

Someone knows who killed Donald Jermaine Stevenson.

That's what a Halifax Regional Police spokesman said Wednesday on the anniversary of the 21-year-old's death, three years after he was gunned down inside a Halifax home.

"We are confident that someone has information or knows who is responsible for this homicide," said Bourdages.

"We're hoping that someone ... will take the opportunity to come forward with the information they have."

Police were called to the residence on Jarvis Lane around 8 p.m. on Oct. 16, 2010.

Investigators say a man wearing a skull mask and dark clothing entered the home and shot Stevenson in front of two

relatives.

Stevenson was pronounced dead at the scene. Bourdages said Stevenson was the intended target.

The suspect fled on foot, heading north across Duffus Street onto Dartmouth Avenue, where he got into a silver SUV.

Bourdages said police have had some success in the past in urging the public to come forward in cases that have gone cold.

"We have received information following these releases, so we're hoping for that," said Bourdages.

Anyone with information can call police at 490-5016 or anonymously through Crime Stoppers at 1-800-222-TIPS.

ALY THOMSON/FOR METRO



Police at the scene of the 2010 murder of Donald Stevenson. METRO FILE

Bedford. Two teens facing charges after rash of vehicles broken into

Two teens are facing charges after a number of vehicles were broken into in Bedford.

Just before midnight on Tuesday, police say officers responded to Admiral Cove Drive after reports of two suspects breaking into vehicles in the area.

Officers located the suspects at the intersection of Admiral Cove and Eaglewood Drive, and arrested them with the help of a K-9 unit.

Court appearance

Both men appeared in court on Wednesday charged with two counts of trespassing at night and one count each of breach of court order.

Charged are 19-year-old Cody Richard Jesso of Halifax, and a 17-year-old male youth from Dartmouth. METRO

Murder case

Bail denied for man charged in fisherman's death

A Nova Scotia man charged with second-degree murder in the disappearance and alleged slaying of a fisherman has been denied bail.

James Joseph Landry was arrested after Phillip

Boudreau vanished on June 1, the same day his boat was found overturned in Petit-de-Grat harbour.

The 66-year-old Landry is one of four charged in the case. The others have been granted bail.

Landry is scheduled to return to Nova Scotia Supreme Court in Port Hawkesbury on Friday to set dates for a preliminary hearing. THE CANADIAN PRESS



The RCMP surrounded a fourplex on Mitchell Drive in Truro Heights on Wednesday after a 47-year-old woman's body was found at approximately 3:30 a.m. The police are investigating the incident as a suspicious death. RAISSA TETANISH/TRURO DAILY NEWS

Murder suspect takes own life after lengthy standoff

Barricaded himself in a vehicle.

Woman found dead in apartment in Truro area earlier in the day

Concerned residents

"Stuff like this doesn't happen here. The scary thing is that there are children everywhere."

Neighbour where woman was killed. She wouldn't identify herself.

A man suspected in the death of a woman earlier in the day killed himself following a lengthy standoff with police late Wednesday afternoon.

Colchester RCMP reported the 49-year-old man died of a self-inflicted gunshot just prior to 6 p.m. He had barricaded himself in a vehicle, which was believed to be a half-ton truck, on a back road near Portapique for several hours.

The man was believed to be

a resident of the same apartment as a 47-year-old woman who was found dead at about 3:30 a.m. on Wednesday morning at 5 Mitchell Dr. in Truro Heights, which is about 38 kilometres from Portapique.

That death is considered to be suspicious and is being investigated by the Northeast Nova Major Crime Unit and Colchester RCMP.

Police have not released the identity of either of the deceased, but they are believed

to have been married to each other.

RCMP Sgt. Al LeBlanc, media-relations officer for the RCMP in Nova Scotia, released little information about the incident and the subsequent barricade, only to say the man and woman "are well known to each other."

The RCMP has requested the Nova Scotia Serious Incident Response Team (SIRT) conduct an investigation of the events.

The nephew of the woman

found deceased in her apartment early Wednesday morning said he will remember her determination the most.

"She was very determined to get what she wants," said the nephew, who said the family wasn't ready to release his aunt's identity publicly. "She was kind and very, very hard-working. She rarely took time to herself."

The woman, who grew up in Truro, was found in a fourplex unit after RCMP officers responded to a 911 call at that address.

Neighbours of the apartment on Mitchell Drive were concerned Wednesday morning because no one had informed them as to what was going on. TRURO DAILY NEWS

Man in Freddy Krueger mask robs home

Police are investigating after two men, one wearing a Freddy Krueger mask, broke into a Cole Harbour home and assaulted a woman.

A robbery call came to the RCMP from a home on Taranaki Drive around 9 p.m. on Tuesday.

Police were told the

woman living in the home had opened her door to find a man wearing the Krueger mask.

She quickly shut the door, but police say the masked suspect kicked it in, and entered the home with another man carrying a two-by-four.

The man wearing the mask

also had a gun. Police say the pair demanded cash, and left with jewelry and a TV.

Police say the victim screamed and was assaulted by one of the suspects as they left.

Police later found the TV on a path behind the home.

METRO

Details

- The RCMP say they don't believe this is a random incident.
- There have been no arrests.

A woman with long blonde hair is standing on a rocky, light-colored hillside under a clear blue sky. She is wearing a dark brown fedora, a brown and white geometric patterned turtleneck sweater, black leather gloves with gold-colored bracelets, and black leather leggings. She is looking upwards and to the right.

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The area where the Margeson Drive extension and bridge is proposed to happen. CONTRIBUTED

Margeson Drive plan going public

Upper Sackville.

City hosting open house session to get residents' thoughts on preliminary idea



RUTH DAVENPORT
ruth.davenport@metronews.ca

Residents of the Upper Sackville and Lucasville areas can get a first look at preliminary design for the Margeson Drive extension and bridge Thursday evening — as well as a chance to get any concerns or questions on the record.

HRM will host an open house from 4 to 9 p.m. at the Sackville Heights Community Centre where residents can see the plans for extending the road from the 101 across the

Quoted

"There has been significant changes already made, and made relatively easily by the municipality."

Coun. Brad Johns

Sackville River to Stonewick Cross.

City staff and engineers will be on hand to answer questions and take down any feedback.

Regional councillor Brad Johns urged residents to take a few minutes to stop in and register their thoughts.

"The key thing is to inform and then to get feedback ... actual concrete written down, 'This is my idea, this is why,' and then to look at that," he

said. "(It's) very important for them to come, because it makes (the feedback) official."

The first phase of the Margeson Drive project saw a new roadway installed two years ago between Highway 101 and Trunk 1.

Johns said the extension is largely being driven by developers who need additional access in order to expand local developments.

The president of the Sackville Rivers Association said he's not opposed to the project, but will attend the open house with specific questions about silt control and impacts on the local flood plain.

"We're a little bit concerned that the bridge may cause some scouring, but right now it looks like it won't," said Walter Regan. "But I'm going to ask the engineer specifically."

Ban Cape Breton teen from using social media: Crown

Crown prosecutor Steve Drake is seeking a unique sentence for a 15-year-old Sydney-area girl who one police officer described as being "a bully of all bullies."

He is asking a judge to ban the girl from accessing all forms of social media while on probation, including Facebook, Twitter and Instagram.

"Crimes involving the use of new technology are becoming increasingly common and the misuse of social networking sites for criminal purposes is a new reality," said Drake, adding that cyberbullying among young people is part of that reality.

The teen, whose identity is prohibited from publication in accordance with the Youth Criminal Justice Act, was charged with assault after an incident at a local school in which she sucker punched another female student and then kicked the victim several times while she lay on the floor.

Drake said an added element to the assault was the fact the accused asked a friend to videotape the scene which was then posted to Facebook and other social-media sites.

Defence lawyer Cheryl Morrison said her client denied asking a friend to video the assault. Drake said the friend admitted to being asked by the accused to film the attack.

The video was played Wednesday in court and

shows the accused standing in the hallway and then running towards another female student and punching her in the head. The punch knocked the girl to the floor and the accused then proceeded to kick the girl in the head, arms, legs and chest.

Drake said the school assault was a vicious attack and it was a matter of good luck that the victim didn't suffer more serious injuries than bruising.

The teen will be sentenced Oct. 30 after pleading guilty to the charge of assault.

CAPE BRETON POST

Quoted

"Facebook may be a staple in the social lives of young people, but when it is used as a vehicle for the commission of a crime, someone should take away the key."

Crown attorney Steve Drake

Swearing-in ceremony

Incoming Liberal premier to announce new cabinet next week

Nova Scotia's incoming premier will announce his cabinet next week.

Premier-designate Stephen McNeil will formally welcome his new cabinet ministers at a swearing-in ceremony Tuesday in Annapolis Royal.

McNeil led his Liberals to victory in last week's provincial election, winning 33 of 51 seats in the legislature.

The Progressive Conservatives will form the official



Stephen McNeil
THE CANADIAN PRESS

Opposition after that party won in 11 ridings.

The NDP was relegated to third-party status, electing seven members.

THE CANADIAN PRESS

New Glasgow

No proposal to police in Stellarton

New Glasgow council won't be providing a policing proposal to the Town of Stellarton for the time being.

New Glasgow council approved an in-camera recommendation to pass on drawing up a proposal from the Committee of the Whole meeting on Oct. 1 at the council meeting on Oct. 15.

Mayor Barrie MacMillan said New Glasgow would submit a proposal if it could obtain operational background and future service needs, none of which was provided. NEW GLASGOW NEWS



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And the walls come tumbling down

Demolition crews rip down a huge section of the Irving Shipyard building in Halifax on Wednesday. The work is part of the ongoing upgrade of the facility to prepare for the work that will be done there in the future as part of the national shipbuilding strategy. **JEFF HARPER/METRO**

Journalist shares family secret

Mother's mental illness. Broadcaster Lloyd Robertson reveals story in effort to educate public about mental health

Times have changed



"(My mother) was mentally ill, or, as people would have said of her behind her back, crazy, nuts, loopy.... But the fact that I can stand here today and talk so openly about her tells us times have changed." Veteran journalist Lloyd Robertson

Lloyd Robertson said his mother's long-term mental illness was a "shadow lurking over" him for all of his life.

The venerated Canadian broadcaster was the keynote speaker at the annual Living With Mental Illness and Addictions conference hosted by the Cape Breton District Health Authority in Sydney Wednesday.

In his memoir, *The Kind*

of Life It's Been, Robertson described his mother Lily as "severely dysfunctional," suggesting a modern doctor would likely diagnose her as bipolar with obsessive-compulsive disorder and possibly a degree of paranoid schizophrenia.

"My mother's story has always haunted me because it is such a sad one," said Robertson.

"She was never able to reach her life's potential in any form — as a wife to her husband, as a member of the community and, through no fault of her own, as any kind of constant, caring parent to her (sons)."

Lily died at age 91.

Robertson said he wasn't prepared for the level of interest in his mother's mental

health issues after his book release.

"It speaks to those numbers that we hear all the time, that one person in five is sufferer of a diagnosed mood disorder or mental illness and one in three is struggling with a problem through a friend or a coworker or a neighbour," he said.

Robertson said it took a long time to decide to write about his mother, because he was reluctant to reveal a secret his family had protected for years.

"Finally, I realized that my revelation might contribute to today's more open conversations about mental illness; might prompt and help others to accept their situations," he said.

CAPE BRETON POST

Kings North

Investigation into ballot counting underway

Elections Nova Scotia is looking into allegations of improper scrutineering at one poll in Kings North.

Dana Phillip Doiron, director of communications, confirmed on Wednesday

that the agency is investigating a contention that one party scrutineer rushed the ballot counting at the poll in Hall's Harbour.

Former Kings North MLA Jim Morton has indicated that the recount the NDP Party requested will take place on Oct. 21. Elections Nova Scotia staff will make the recount in Kentville, according to returning officer Al Kingsbury.

KING'S COUNTY REGISTER

Top 5 islands

Cape Breton ranks fifth in Canada's favourite islands

Cape Breton has been named the No. 5 island in Canada, according to readers of an international travel publication.

The readers' choice contest by Condé Nast Traveler

places Cape Breton in fifth place in its Top 5 Islands in Canada contest.

Vancouver Island took the No. 1 spot with an 85.5 rating and B.C.'s Gulf Islands took the No. 3 spot with an 83.3 rating.

Prince Edward Island finished in second place with a rating of 83.8, while Newfoundland was named the No. 4 island with 79.7.

CAPE BRETON POST

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Ailina Tsarnaeva, sister of Boston Marathon bombing suspect Dzhokhar Tsarnaev, attends a hearing Wednesday in Boston. MARK GARFINKEL/BOSTON HERALD/POOL/THE ASSOCIATED PRESS

Judge releases sister of Boston bombing suspect

Ailina Tsarnaeva.

District attorney's office says 23-year-old not accused of passing fake bill, but evidence suggests she knew those that did

Boston Marathon attack

Authorities say Dzhokhar Tsarnaev, 20, and his brother, Tamerlan, 26, built and planted pressure cooker bombs near the finish line of the Boston Marathon that killed three people and injured more than 260.

The sister of Boston Marathon bombing suspect Dzhokhar Tsarnaev appeared briefly in a Boston courtroom Wednesday on a

charge related to a counterfeiting investigation.

Ailina Tsarnaeva, 23, was in court to ask a judge to remove a warrant issued after she failed to appear in court

in February 2011 on a charge of misleading police.

Prosecutors say Tsarnaeva picked up a person who passed a counterfeit \$100 US bill at a restaurant at the South Bay Mall in Boston in 2010, but was unco-operative when questioned.

A judge agreed to remove the default warrant and released Tsarnaeva on \$1,500 personal recognizance. She also is required to report to Massachusetts probation officials once a week.

THE ASSOCIATED PRESS

Soccer. Mexican fans thank bitter rivals U.S. for keeping hopes alive

America's soccer team is getting some love from the most unlikely place: Mexican sports fans.

Mexican newspapers on Wednesday published banner headlines reading "We Love You," and "Thank You, USA," after the U.S. kept Mexico's World Cup qualifying hopes alive with a 3-2 victory over Panama.

Mexico and the U.S. are usually bitter rivals. Feelings are so strong in Mexico that fans chanted the name of Osama bin Laden as the Star Spangled Banner played in a 2004 Olympic qualifying game.

Mexico lost its Tuesday match 2-1 against Costa Rica. If Panama had held onto its lead and beaten the United States, Mexico would have been eliminated from the World Cup qualifying rounds. But the U.S. scored two goals in the closing minutes of the game to pull ahead.

THE ASSOCIATED PRESS



Scientology

Court upholds fraud conviction

France's highest appeals court has upheld the 2009 fraud conviction of the Church of Scientology's French branch, its bookstore and five of its leaders.

The Scientologists were accused of pressuring members into paying large sums for questionable services and materials and using "commercial harassment" against recruits.

The group and bookstore were fined 600,000 euros (\$814,000 US). The Scientologists' appeals of their convictions claimed infringement on their religious freedom.

While Scientology is recognized as a religion in the U.S., Sweden and Spain, it is not considered one under French law.

THE ASSOCIATED PRESS



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Harper's throne speech courts middle class voters

Eye on the election.

Harper beset by Senate expense scandal and polls showing his party tied with or trailing the Liberals

Mandatory balanced-budget legislation, interprovincial booze runs, public-sector bashing and lifetime prison terms for violent criminals were among a grab bag of populist measures promised Wednesday as the Conservative government released a mid-mandate policy blueprint.

The Tory-blue booty was included in a speech from the throne by Gov. Gen. David Johnston that spent almost as much time congratulating the Harper government on past achievements as laying out future priorities.

There was a pledge to confer honorary Canadian citizenship on Malala Yousafzai, the Pakistani teen and Nobel Peace Prize nominee who survived a Taliban attack on her school bus in October 2012.



SPEAKER OF THE HOUSE OF COMMONS ANDREW SCHEER LISTENS TO THE SPEECH FROM THE THRONE.



PM Stephen Harper speaks with the Governor General following the throne speech. JUSTIN TANG/THE CANADIAN PRESS

The speech also promised in vague terms to “address the issue” of missing and murdered aboriginal women.

The document marked the unofficial start to a federal election campaign that is still two years away. Populist promises were very specific.

Canadians will be allowed to take beer and spirits across provincial boundaries for personal use, something that's currently prohibited

under federal law.

Johnston, welcoming back MPs to work after a month-long delay at the prime minister's request, opened by noting that “the eyes and ears of Canadians turn toward this Parliament, in trust that those who stand here in their place will relentlessly advance and uphold the ideals that are inclusive, honourable, selfless, smart and caring at every turn without fail.”

He wrapped up an hour later by citing John A. Macdonald, the Conservative founding father of Confederation, who once foresaw a nation “great in thought, great in action, great in hope and great in position.”

“His vision has come to pass,” said the Governor General. Opposition parties, however, were already alleging Conservative dishonour and selfishness.

The speech hit at what political strategists call “wedge” issues that will differentiate the parties.

Parents will be given a say “before drug injection sites open in their communities,” the government promised, while also saying it will close loopholes that “allow for the feeding of addiction under the guise of treatment.”

Both measures are a direct contrast to Liberal Leader Justin Trudeau's musings about legalizing marijuana.

THE CANADIAN PRESS

'Revenge porn'

Cyberbullies beware: New law coming

The government pledged in Wednesday's throne speech to introduce cyberbullying legislation which will include making “the non-consensual distribution of intimate images” a criminal offence.

The speech referenced the suicides of Amanda Todd and Rehtaeh Parsons, both of whom committed suicide after they were bullied and intimate images of them were circulated online.

The legislation would outlaw the practice known as “revenge porn,” which occurs when sexual photos or videos of a person are posted online without that person's consent.

In some cases, photos were given freely to a ex-partner during a relationship, but victims had not consented for them to be made public.

In others, photos are taken during a sexual assault and posted online.

The new law will also give “police and prosecutors new tools to effectively address cyberbullying that involves criminal invasion of privacy, intimidation and ... abuse.”

It outlaws “revenge porn.”

JESSICA SMITH/METRO TORONTO

Inquest. It's broke, but we're too broke to fix it: Head of Corrections

Significant gaps remain in dealing with mentally ill prisoners, Canada's top correctional official admitted on Wednesday even as he urged jurors to avoid making costly recommendations to address the problem.

Don Head, commissioner of the Correctional Service of Canada, told the Ashley Smith inquest that expensive suggestions would be rejected.

“There is no free pocket money that we can go to, to implement some of those things,” he said.

From 2001 to 2005, there were 85 suicides, accidental deaths and homicides in federal prisons.

Corrections complied with one-third of ensuing coroner's jury recommendations, the inquest heard. Corrections said it has made improvements since Smith's death.

He agreed lack of training played a role in the problems frontline staff had in dealing with the mentally ill teen, but said intensive training is expensive and logistically difficult to deliver.

THE CANADIAN PRESS



Ashley Smith

THE CANADIAN PRESS

Enbridge

Natives say their communities put at risk by proposal

An Enbridge proposal to reverse the flow of a pipeline that runs between southern Ontario and Montreal puts First Nations communities at risk, threatens water supplies and could endanger vulnerable species in ecologically sensitive areas, a National Energy Board panel heard Wednesday. The arguments

— put to the three-member panel by representatives of two First Nations and an environmental group — were among the first of many final submissions being made to the board this week before it makes its decision on Enbridge's Line 9.

“If there ever was a spill it would definitely affect our fishing, our harvesting and all our traditional hunting grounds,” Myeengun Henry, a member of the Chippewas of the Thames First Nation said.

THE CANADIAN PRESS

Human testing soon

Canadians at the fore in treatment for the deadly Ebola virus

Scientists at Canada's National Microbiology Laboratory are continuing to fine-tune a possible treatment for Ebola virus infection, one of the deadliest known to humankind.

In a newly published article, the Winnipeg-based scientists reported that their combination therapy saved three of four

cynomolgus macaques and four of four rhesus macaques when it was given three days after the animals were infected with Ebola Zaire, the deadliest strain.

The scientists hope to test the drug cocktail in humans beginning in late 2014 or early 2015, if they can get approval from Canadian and U.S. drug regulators. The work builds on earlier research, which showed a cocktail of three cloned antibodies saved four of four primates when given 24 hours after infection and two of four treated 48 hours after. THE CANADIAN PRESS

Canadian boardrooms

OSC pushes shame policy for non-diversity firms

The scarcity of women in Canadian boardrooms has the country's biggest regulator pushing for mandatory changes that would shame corporations for their lack of gender diversity.

The Ontario Securities Commission said Wednesday it will recommend to the provincial government that companies listed on

the Toronto Stock Exchange should be required to disclose how they're increasing the number of women in their highest executive ranks.

The voluntary “comply or explain” policy would be put in place to encourage publicly-traded companies to annually report their internal targets and progress — and be questioned if they refuse to comply.

The OSC will take its recommendations to the government this fall. Some observers say the plan is too soft. THE CANADIAN PRESS

U.S. Congress races to pass budget bill, reopen government

'A time for reconciliation.'

Bipartisan deal to end government shutdown leaves Republicans with little to show for fight

Up against a deadline, the U.S. Congress passed and sent a waiting President Barack Obama legislation late Wednesday night to avoid a threatened national default and end the 16-day partial government shutdown, the culmination of an epic political drama that placed the U.S. economy at risk.

The Senate voted first, a bipartisan 81-18 at mid-evening. That cleared the way for a final 285-144 vote in the Republican-controlled House about two hours later on the legislation, which



Listening in: U.S. House Minority Leader Rep. Nancy Pelosi talks to Rep. Chris Van Hollen as a staff member waits by the door after a meeting on Capitol Hill in Washington, D.C., on Tuesday. ALEX WONG/GETTY IMAGES

hewed strictly to the terms Obama laid down when the twin crises erupted more than three weeks ago.

The legislation would permit the Treasury to borrow normally through Feb. 7

or perhaps a month longer, and fund the government through Jan. 15. More than 2 million federal workers would be paid — those who had remained on the job and those who had been fur-

loughed.

At the White House, Obama hailed the Senate's vote and encouraged the House to follow suit. Once the measure reached his desk, he said, "I will sign it

immediately. We'll begin reopening our government immediately and we can begin to lift this cloud of uncertainty from our businesses and the American people." **THE ASSOCIATED PRESS**

Not giving up

Boehner to keep fighting Obamacare

House Speaker John Boehner and other top House Republican leaders voted for the bipartisan agreement Wednesday, but Boehner vowed Republicans were not giving up on the fight to bring down U.S. debt and cripple "Obamacare," as the president's signature health-care overhaul is known.

"Our drive to stop the train wreck that is the president's health-care law will continue," Boehner said in a statement.

THE ASSOCIATED PRESS

France. Public detainment, expulsion of teen outrages immigrant groups



From left, Maria Dibrani, 17, and Leonarda, 15, expelled from France last week, talk on their mobile phones in a shelter house in Mitrovica, Kosovo, Wednesday. VISAR KRYEZIU/THE ASSOCIATED PRESS

Leonarda Dibrani was on a field trip when French police showed up at the bus and detained the 15-year-old in front of her classmates before authorities expelled her to Kosovo because her family's asylum application had been rejected.

The incident, which happened earlier this month, has sparked outrage from immigrant groups and others who say police went too far in publicly shaming the teenager.

It has also been an embarrassment for President Francois Hollande's government, which has tried to distance itself from conservative predecessor

Nicolas Sarkozy, known for his tough immigration policies.

Now, Dibrani, who was expelled with her family, says she just wants to get back to France.

"I was crying on my teacher's lap and he was crying," Dibrani said Wednesday. "My friends asked, 'Did you kill someone that the police are looking for you?' I was afraid. I felt bad and ashamed."

"My home is in France," Dibrani said in French. "I don't speak the language here and I don't know anyone. I just want to go back to France and forget everything that happened."

THE ASSOCIATED PRESS

Laos

Canadian among 49 feared dead in plane crash

A domestic flight crashed Wednesday in Laos and all 49 people on board, including a Canadian, are feared dead, said the government of the Southeast Asian nation.

The Ministry of Public Works and Transport said 44 passengers from 11 countries and five crew members were aboard Laos Airlines flight QV301 travelling from the Lao capital, Vientiane, to Pakse in the country's south.

A Foreign Affairs spokesman in Ottawa said the department is working closely with local authorities to confirm if Canadian citizens "have been affected."

The Lao government said the airline "is taking all necessary steps to co-ordinate and dispatch all rescue units to the accident site in the hope of finding survivors."

However, a statement from Australia's Department of Foreign Affairs said "Lao authorities have told our embassy in Vientiane they do not expect any survivors."

THE ASSOCIATED PRESS WITH FILES FROM THE CANADIAN PRESS

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THE BIG YEAR
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Believe it or not: \$130M aquarium finally opens in Toronto

Visitors get up close to sharks, sawfish, sea turtles and more in the 97-metre-long underwater viewing tunnel at Ripley's Aquarium of Canada in Toronto. After two years of construction, delays and \$130 million in costs, Ripley's Aquarium of Canada opened to the public Wednesday. The aquarium, billed as the country's largest, is home to more than 13,000 aquatic animals and 450 different species held in nearly six million litres of water. More than 10,000 tickets to the downtown facility have already been sold online. RIPLEY'S AQUARIUM OF CANADA/THE CANADIAN PRESS

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Cost-saving measure

Loblaws axes 275

Loblaws Companies Ltd. is cutting its management and administrative ranks by 275 employees as it tries to reduce expenses alongside its acquisition of Shoppers Drug Mart. THE CANADIAN PRESS

A ruff drive. Centre uses canine crash dummies to make Fido's ride safer

To make the world safer for pets, Lindsey Wolko had to design an indestructible dog.

Two years and hundreds of thousands of dollars later, her non-profit Center for Pet Safety in Reston, Va., has a set of crash-test dog dummies that were battered, throttled and sent flying to test several car-safety restraints.

The rare study of travel products marketed to animal owners was released earlier this month and will be followed by tests of car crates, carriers and barriers. Life-jackets are on the short list of products to be tested as

Fragile cargo

It's not surprising that attention is being focused on safety because a huge number of car buyers want to drive with their pets, said Michelle Krebs, a senior analyst with Edmunds.com.

- "A pet that isn't harnessed ... is really dangerous. That animal propels through a car like a missile."

soon as funding is found.
THE ASSOCIATED PRESS

Not to brag, but we beat the U.S. ... in network speed

Canada: 1, America: 0.

A new study finds wireless speed is faster in our cities than in the U.S., but we pay more to be able to get that Instagram pic up quicker

Cross-country tests

PC testing was done in Toronto, Hamilton, Niagara region, Kitchener-Waterloo, London, Windsor and Ottawa in Ontario, as well as in Montreal and Quebec City, Winnipeg, Calgary, Edmonton and Vancouver.

Urban Canadians have access to consistently faster network speeds than their neighbours in the U.S., according to a study by PC Magazine.

In its first study of Canada's networks, the New York based online publication said the speeds delivered by the country's three major telecoms — Rogers, Bell, and Telus — were remarkable.

"Urban Canadians can get online fast, often at speeds that would make south-of-the-border Americans green with envy," said the study, released Wednesday.

Rogers had the fastest wireless network followed by Bell and Telus, according to the study, done in August

and September in 13 of Canada's largest metropolitan areas.

PC Magazine tested downloads and uploads of data — such as video, apps and photos — but did not test the quality of mobile phone calls.

AT&T's Long-Term Evolution (LTE) network was deemed the fastest in the U.S. in 2013 by PC Magazine.

The study's author noted that Canadian prices for wireless service were higher than the U.S.

"There's no real Canadian equivalent to Sprint or T-Mobile. People with less money are getting a lot less value than if they are in the U.S.," said Sascha Segan.

THE CANADIAN PRESS

We win this round, America

"Urban Canadians can get online fast, often at speeds that would make south-of-the-border Americans green with envy."

According to a study by PC Magazine

TOP SIX @ 6
Weeknights at 6 KB counts down the HOTTEST songs of the day

- 6 Britney Spears Work Work
- 5 Justin Timberlake TKO
- 4 Miley Cyrus Wrecking Ball
- 3 Drake Hold On, We're Going Home
- 2 Katy Perry Roar
- 1 Lorde Royals

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HOW TO EASILY SAVE THE WORLD

Have you lost hope? Do you feel like the world is beyond saving? With non-stop natural disasters and climate change, it can sometimes seem like there's nothing any one individual can do to help this troubled ball we call Earth.

But you can help.

Simple household tips can go a long way toward improving the environment and, yes, saving the planet, all while helping you save and make your life easier. Here's how.

Start with light bulbs. Next time a light goes out, why not replace that wasteful incandescent bulb with an energy-efficient compact fluorescent lamp? Because that seems like a lot of work, that's why. That light bulb is way up on the ceiling, and it looks like you'll have to unscrew the glass fixture or something.

An even better solution is to just leave your apartment dark. The light from your laptop screen provides more than enough illumination, and even acts as a flashlight for those



HE SAYS

John Mazerolle

metronews.ca

late-night trips to the fridge.

While we're in the kitchen, let's remember the importance of whole foods. Eating apples, oranges, carrots, green peppers, garlic bulbs, Eggo waffles and bouillon cubes exactly as they appear in nature can cut back on use of wasteful stoves and ovens, as well as dangerous knives and forks.

And consider all your dishes. Did you know that 17.4 per cent of all landfill waste is old bowls, plates and glasses? It's a very precise number and therefore true. You can keep that landfill space free for incoming Black-Berrys by simply eating over the kitchen sink. Or, even better, eat Mini-Wheats directly from the box followed by a swig of milk from

a carton. Your stomach is the bowl!

Speaking of bowls, did you know that so-called bathroom "cleaners" in fact viciously murder the bacteria and mould that form the necessary foundation of the food chain? Clean-

ing that bathtub may be killing your grandchildren.

Instead, let the steam from your shower naturally clean the bathroom. You'd pay top dollar for a steam cleaning of your carpet, so why isn't it good enough for that bathroom tile? And see that stuff growing on your wall? You're literally greening your home!

Staying in the bathroom, some well-meaning people (women) think it's OK to replace towels after every use, or even every month. This is an irresponsible waste of water and laundry detergent, and it's not backed up by the latest towel science.

The towel is drying off your clean body, and the next day that towel is somehow disgusting? It just doesn't make sense.

Here's a simple rule of thumb for towels: Turn on the TV. If the prime minister is the same as last time you checked, you can safely continue using that towel.

As you can see, helping to protect the environment from the comfort of your home takes not just very little effort, but the least effort imaginable. Save the world. Become a bachelor. You'll be glad you did.

ZOOM

Thanks for the ride, mom



COURTESY WILDLIFE PHOTOGRAPHER OF THE YEAR

They say kids can be a headache

Hitchhiking can be a dangerous game but these gharial crocodiles photographed on Chambal River in Madhya Pradesh, India, seem to appreciate the ride.

The snap, titled Mother's Little Headful, was taken by 14-year-old Udayan Rao Pawar, who won the award for Young Wildlife Photographer of the Year at a ceremony at London's Natural History Museum. **METRO**

Photography can make for a wild life

Greg du Toit must have been tempted to say, "Watch your step" while shooting this striking image of a herd of elephants (pictured right).

"This image hints at the special energy I feel when I am with the elephants," said du Toit of his photograph. He won Wildlife Photographer of the Year 2013.

"Greg's image immediately catapults us to African plains," said chair of the judging panel, Jim Brandenburg. **METRO**



This otherworldly shot was captured from a ground-level hide using a slow shutter speed. COURTESY WILDLIFE PHOTOGRAPHER OF THE YEAR

Clickbait



HANNAH ZITNER

hannah.zitner@metronews.ca

While most emailed newsletters deserve to go straight to the trash bin (or stay in Gmail's fancy new social or promotions folder), there are a select view worth a scan. Trust me, you'll be smarter for it.

Brainpickings:

Run by super brain Maria Popova (of the NYT, Wired, The Atlantic), the free Sunday digest brings you interesting tidbits on "things you didn't know you were interested in." This week read up on the science of dreams, or Julia Child's take on entrepreneurship.

Quora:

Pick a topic, any topic, and Quora has an answer for you. Choose your areas



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of interest and the best question-answers on the community-run site are sent straight to your inbox so you can learn something new at least every week.

Colossal:

The art and design blog run by a self-described art outsider has a weekly roundup of the site's most interesting stuff. Think of it as a Coles Notes into the art world.

Twitter



@metropicks asked: Enbridge's poetic pipeline pitch has ignited backlash. Send your pipeline verse and we'll print the best #GatewayPoems

@Canucklehead_ca: Two pipelines diverged in a wood, & I-/I took the one less traveled by, / Made no difference - all nature dead. #Gateway-Poems

@trevor_donald: #gatewaypoems Atlantic Canadians were told they are getting a deal. Only Mister Irving thinks oil pumped to his province is a steal. #nbpoli

@margonaut: A history of leaks & poisoning creeks? It might seem like a sin, but our shareholders win! #GatewayPoems

@JohnKleinRegina: If you want the #KXL, you may as well burn in hell, because it's bringing hell to earth. When you've lost you learn its worth. #GatewayPoems

@jarrahpenguin: And when bitumen seeps into/All the loveless land/It will whisper of the garden/ You will understand #gatewaypoems

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Letting their voices speak

Concert. Indigo Girls set to showcase their talents in Halifax



BACKSTAGE PASS
Jenna Conter
halifax@metronews.ca

During a time when instrumental arrangements and stylistic integrity have been put on the back burner, I fear for the future when — generations from now — people look back to this decade to find that anti-war anthems were replaced with songs about days of the week; when liberation is shown not through the power of words but one's ability to "twerk."

In a time where talent is shown through a lack of clothing and not by one's capacity for the craft, I couldn't think of a better time to interview Emily Saliers.

She forms the famed female group, Indigo Girls along with Amy Ray.

Details

- **What?** Indigo Girls
- **Where?** Rebecca Cohn Auditorium
- **When?** Monday, Oct. 21, 7:30 p.m.
- **Tickets.** \$44, available through Dalhousie Arts Centre box office.



The Indigo Girls will bring harmony to Halifax for a first-time visit on Monday. CONTRIBUTED

Slightly biased in my admiration for the trademark harmonies and passionate vocals produced by this pair, I am thankful that, according to Saliers, who looks to Canada's own Joni Mitchell for inspiration, the music has always and will continue to survive.

"For me there has always been women with no clothing on and no voice but now we are just pushing it until someone ends up naked on stage," she said.

"When we got signed it was the era around Tracy Chapman and Melissa Etheridge — a lot of women with acoustic guitars were being picked up by major record labels — of course it's a different time in the industry."

As explained by Saliers, strong female singer/songwriters continue to walk a fine line between diva and lesbian — depending on the outfit. Frankly, I was well-versed in the Indigo

Girls catalogue long before I understood the meanings behind the lyrics. Now awaiting their first performance in Halifax on Monday night at the Rebecca Cohn Auditorium, I look forward to having these musicians showcase both talent and tact.

"It's assumed that if (female artists) have an acoustic guitar and a message then they're probably lesbian or they are earth mothers," Saliers said.

"Women are either

pigeon-holed for their sexuality by selling it with less clothes or the opposite is true in terms of the political spectrum — marking (women) as hard core in some way and not a real woman," she added, referring to it as "the Hillary Clinton effect."

Regardless of the current trend, Saliers promises, "the music is still out there."

"There are still women out there that are singing with content in their lyrics," she said.

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Easy Ryder Serena enjoying the journey

Harmony. Despite her platinum-selling album gaining fans daily, the Canadian songstress remains grounded, loves kids and seeks out adventure

MIKE
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It's been seven years since the song *Weak in the Knees* first drew my attention to this Canadian singer-songwriter, though in fact, she had already been producing music for the better part of a decade. Now on the heels of a North American tour with OneRepublic, her 2013 Juno-winning, platinum-selling album *Harmony* is gaining fans daily. With hits like *Stompa* and *What I Wouldn't* Do flooding the airwaves of late, the multi-talented Serena Ryder graciously allowed me a peek at the person behind the voice.

You've shared the stage with some amazing icons. In 2011, you toured and performed with Melissa Etheridge. What did that do for you?

It's turned into a friendship. She's an awesome woman and person. Some people think it's important to create a stage persona, but I've always felt more comfortable being myself. The

inspiring thing about Melissa is that she's down to earth, on-stage and off.

How about artistically?

Musically, her blood runs authentic rock 'n' roll. She's influenced so many people just by being a part of it. Genuine artistry like hers over a 25-year career has to impact many artists, sometimes even inadvertently.

You participated in "We Day". Was there some special connection for you?

Absolutely. It was important to me. I believe that every little bit counts and everyone can affect change. I've always connected with kids. I was a nanny for five years. Children really hold the world in their hands without knowing it, but give them the tiniest inspiration and incredible things inevitably happen. So, 20,000 kids changing the world? To be part of that just blew my mind.

Nobodies who are everybody's?

Exactly. And that's what music does. It brings people from different cultures together, changes the way they see things and maybe awakens something. Hey, even smiling at someone on the street can change their day.

So what is your idea of perfect happiness?
Satisfaction.

When you can afford it, what is

your greatest extravagance?
First class travel.

Amen to that! What do you consider the most overrated quality?
Looks.

If you could change one thing about yourself, what would it be?
Looks.

Alright, if you were granted a super-power, what would it be?
Looks?
Flying.

What quality do you look for and admire in your friends?
Self-love.

We seek inspiration, but often it finds us. Who is your real-life hero?
I worked as nanny for a viv-

acious woman named Joanne Calderon. I observed her love for adventure, art and beauty, and that inspired me to follow my passion for those things as well.

What advice would you offer a young aspiring artist pressured to choose the safer path?

The person you need to trust more than anyone is yourself, but go about it based on what

you feel and need, not pointing at what anyone else is doing to you. If your parents say something that rings true to some part of you, you need to listen to that too. Say, "I would love to be respected for my decision," and then set out to earn that.

You already have, Ms. Ryder, and now, I must call my mother.

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278 Lacerwood Drive, Clayton Park Halifax (near GoodLife Women's)
Mon - Sat: 9am - 9pm & Sun: 12pm - 6pm

245 Robie Street, Truro (Truro Mall)
Mon - Sat: 9am - 9pm & Sun: 12pm - 6pm



Serena Ryder's platinum-selling album *Harmony* is gaining her new fans every day. CONTRIBUTED

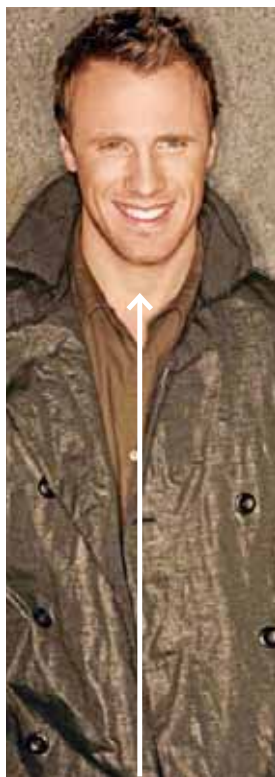
Tenors aim to hit high notes by helping others

Canadian group The Tenors have teamed with Big Brothers Big Sisters of Canada to record the single I Thank You, with 50 cents of each digital song download going to support the organization.

Big Brothers Big Sisters highlights the importance of mentors in a child's life by providing volunteer opportunities to adults to be a friend and positive role model to Canada's youth.

The organization believes changing the course of a young person's life also changes the community for the better.

We asked The Tenors — Fraser Walters, Remi Pereira, Victor Micallef and Clifton Murray — to tell us about the person who made a difference in their life when they were growing up. **METRO**



Musical mentors

Fraser Walters

"I have been extremely lucky to have many important mentors in my life. Other than my family, three amazing musical mentors were (and still are!) Katie Drysdale (my first childhood voice coach), Gerry Van Wyck (choral/orchestral conductor), and Rena Sharon (university music professor). All three have been instrumental in guiding me through different stages of musical and life experience. I cherish them all!"



COURTESY OF RANDEE ST NICHOLAS

Family and friends

Remi Pereira

"I have had a few mentors throughout my life, including my parents, my child and my teachers. From them I have learned the importance of respect, loyalty and commitment to your partner and family. In music, my teachers have been the force behind me, showing me that I can extend myself to reach my lofty dreams."



Mother

Clifton Murray

"My influence is my mother. Her tireless efforts to improve the lives of those less fortunate inspires me to always look beyond myself. She has continued to seek out the less fortunate and make their lives better in some way. There are so many stories where my mother has selflessly brought someone in need the support, resources and love that they needed, enabling them to provide for themselves and always made them feel like members of the family. It's taught us to always care for others and never judge those who find themselves in difficult situations."

Online

Find more of the tenors on Metronews.ca

- **Web.** Visit metronews.ca/scene to see a video of the Tenors performing I Love You, and for a link to buy the single.
- **Find out more.** Visit bigbrothersbigsisters.ca to learn more about the organization.
- **Contest.** Visit clubmetro.ca for your chance to win a trip to see The Tenors perform in Vancouver.



Voice teacher

Victor Micallef

"Someone who mentored me was my Italian voice teacher Franco Pagliazzi. Not only was he an incredible teacher but he was a father figure far away from home. He taught me everything about the Florentine way of life and gave me invaluable insight on how to perform the Italian operatic repertoire. I have incredible respect for his artistry as a master singer and teacher, and he will always be a dear friend."

Killer wallflowers? No big deal for Moretz

The horror.

Chloë Grace Moretz talks about taking on the iconic role of Carrie and her fear of teens

NED
EHRBAR
Metro World News in Hollywood

Chloë Grace Moretz has carved out a nice place for herself in Hollywood as a child and teen actor who can handle very, very grown-up material, but everyone has to grow up sometime. With the remake of Carrie, she takes on the most iconic high school wallflower in film history, but going forward she's looking to leave the teenagers behind. Which is convenient, because they terrify her.

This might be the quietest character you've ever played.

It's the most vulnerable I've ever been, for sure. This is the most opposite of who Chloë is in a character, but at the same time it's almost closer to my inner self in the

fact that I'm incredibly naive compared to my friends. She's definitely the most innocent I've ever played. But at the same time it was almost easier to jump into than playing, like, a bitch because I'm not very good at doing that. It's harder for me to play a fake, stuck-up girl than it is for me to play vulnerable.

Why do you think you've maintained that level of naivety compared to your friends?

I think it's because I literally have lived a more naive life and the fact that they have to deal with, like, boys and everything. They deal with 10 times as much as I do (in high school). You're dealing with things that are way above your head, and you learn quickly and you move quickly. And me, I've been home-schooled since I was nine, so it's like I haven't been interacting with copious amounts of teenagers since I was nine years old.

You got off lucky.

I think so too. I don't like teenagers. They're really scary. Like, groups of them? They're unpredictable because they're just, like,

dumb. They don't even know what they're doing, and they just bumble around and make stupid mistakes and they're like, "Oh, I didn't mean to do that. I regret that." I've never regretted anything in my life because I cognitantly make every decision. Yeah, I've messed up, but I've never regretted anything. And I know tons of

people who are like, "Oh, I really regret this" or "I really regret that," and I just don't understand it.

Is this the first time you've played a character who's actually older than you?

Kind of. I mean, she's 17. I think before I played a character who was 16 when I was 15. But I think the oldest

character I've played so far was 20. That's a real jump.

You've really made a name for yourself appearing in more mature movies. Is there a transition you have to make now that you're getting older and other actresses your age are catching up?

I think the transition is all

age, all look, it's all saying, "Can you play the adult characters?" and not being overly sexualized and not doing all that stuff. It really is going, "I want to play the adult characters but I'm not going to do what a 20-year-old does." You know what I mean? In the fact of sexualization and all the other stuff.



Carrie, starring Chloë Grace Moretz, opens Friday. CONTRIBUTED

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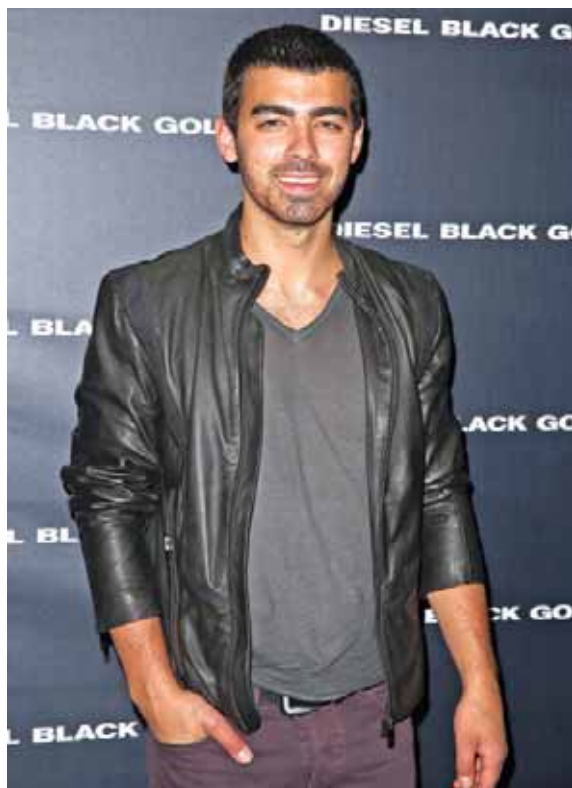
comedy

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Just for laughs Live



Joe Jonas

Joe Jonas allegedly dealing with a drug problem

The Jonas Brothers may have had a more pressing reason to cancel their latest tour at the last minute: middle brother Joe Jonas' alleged secret drug problem, according to Star magazine. "He's been dealing with substance abuse issues for quite some time," a source says, adding

that friends and family "have been begging him to seek help. The tour would have never survived with how Joe was behaving." Joe has also recently been photographed with the same addiction specialist who helped Demi Lovato following her stint at a treatment facility.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Arnold and Sly's prison flick should be kept behind bars

PAT HEALY
Metro World News in Boston

So, I feel like Escape Plan is one big meta joke on society. Mainly for the plot line alone. In the film, Sylvester Stallone stars as a structural engineer known for building prisons from which no man can escape. When he is wrongly convicted of a crime he is incarcerated in a prison that he designed. That's ... OK. I can suspend

my disbelief just enough to pretend that Stallone has an advanced degree in engineering. But then Arnold Schwarzenegger co-stars as his fellow inmate who shows him the ropes. That's right. Arnold Schwarzenegger is stepping in for Morgan Freeman. If that weren't ludicrous enough, the cast and crew of the movie had their after-party in Times Square at the Italian chain restaurant Buca di Beppo. Usually, big movie premieres are reserved for slightly more exclusive locales — and ones not in Times Square. Then again, if you think about it, Times Square is practically a neon prison of its own design. So maybe it's apt?

Twitter



@katyperry
I refuse to speak Starbucks until I've actually learned Italian.



@Rihanna
420'ish



@SarahKSilverman
Just a quick reminder: other people exist



Woody Harrelson. ALL IMAGES GETTY

Free Bird Woody wobbles his way to premiere after wild night out with brother

It's hard enough to work a red carpet, but try doing it at noon with a massive hangover — which is exactly what Woody Harrelson did at the recent Free Birds premiere in L.A. "The premiere was at noon and I went to bed at 6:30 or 7 a.m. having

stayed up all night drinking tequila and playing pool with my brother, which, uh, didn't go well," Harrelson admits to David Letterman in an interview. "You know, being woken up three and a half hours later was terrible. It was like a betrayal." Luckily Harrelson could lean on pal and co-star Owen Wilson to get through it. "I told him ahead of time, 'Dude, you're going to be doing all the heavy lifting here. I can barely stand up.'"

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Doolittle's dancing in the dark

Eliza's evolution.

The singer's no longer the anthemic summer soundtrack to a teeny birthday. Eliza explains that her soulful sound, like her style, is all grown up.

RICHARD PECKETT

Metro World News

Eliza Doolittle's track *Big When I Was Little* would have you believe that the diminutive singer skips her way through the streets of planet positive. It's almost gratingly peppy and bright. But today, Doolittle — real name Eliza Sophie Caird — has cast off the Crayola colours and denim cut-offs in favour of something akin to a Nirvana-listening grunge groupie. Indeed, Doolittle has upped her crooning credibility, partly thanks to featuring on dance duo Disclosure's track *You & Me* and — much like her predecessors Adele and Amy Winehouse — by taking a new level of loved and lost maturity into her melodies. Here, the 25-year-old Brit tells Metro about her sophomore album *In Your Hands* (out now), post-breakup blues and why her look makes her feel liberated.

You're a big fan of relatively small clothes and flashing a little bit of skin. Do you deliberately shrink clothes or shop the children's section?

I haven't deliberately done that but I have a cashmere jumper that I shrank in the wash and yeah, sometimes I like that kind of kids T-shirt look.

You were at the Henry Holland show. What do you like about his designs?



Sweetheart of the stage: Eliza Sophie Caird is the daughter of musical theatre actress Frances Ruffelle and stage director John Caird. CONTRIBUTED

Henry's more than a designer, he's an inventor. He was the first one to do the bandana print — and come on, that's gone crazy.

Not today but normally you're in bright colours. Do you ever just want to be inconspicuous and wear black?

I actually haven't been wearing as many colours as I used to. I'm the kind of person that gets obsessed with one thing until I get bored and then I move on. Right now, I'm loving baggy jeans with rips and shreds and I also

really love thin-strapped beautiful silk dresses that look almost '90s.

Is making music a cathartic experience for you?

Music is the only thing that is going to be there for me no matter what. So when I



finish a song, I love it and I play it out loud — it's the best thing I've ever felt. Better than love, I think.

Have you ever written a song that you're not particularly proud of but that you thought could potentially be a hit?

Yeah, loads! I think sometimes I can be a little bit detached from the songs that I know will be hits because they're less personal. Sometimes I can tell when I'm writing catchy melodies and stuff and I'm proud of it. Although, if there were an actual formula for it, I'd be f—ing loaded by now.

Eliza's must-have makeup items



Yon-Ka

Crème PS, \$56, yonka.com



Clinique

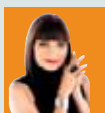
Chubby Stick intense moisturizing lip colour balm, \$17, clinique.com



Kevyn Aucoin

Celestial Bronzing Veil, \$48, kevyнауcoin.com

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At the bazaar in #Istanbul Dizzying to say the least!! #fashtanbul

Trends Report

- One of the bolder trends this fall is black lipstick. Do you think you can pull this look off? Go online to Trends Report and see how black lipstick actually looks when applied on lips and let me know what you think of this trend.

metronews.ca/voices/trends-report

Follow Irene on Twitter at @MetroIreneK

Canadian street style

Spotted in: Toronto

Shanti Student

What she's wearing

Black Naturalizer heels, vintage high-waisted Daily Habit NYC pants, American Apparel crop top and vintage purse.

Her inspiration

"My mother. She saved a lot of her clothing from when she was younger, and now I

wear them all."

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3
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A lasagna that levels the playing field between novices and experts

Slow-Cooker Lasagna



This recipe serves six to eight. CONTRIBUTED

"I first featured this recipe on Oprah," writes Jessica Seinfeld in *The Can't Cook Book*. "The response from beginners to cooking whizzes alike was extraordinary. Give it a whirl."

1. Finely chop the garlic and add to a medium bowl along with the tomatoes, oregano, salt, red pepper, and black pepper (about 12 turns on a pepper mill). In a separate bowl, mix together the ricotta, 1 cup of the mozzarella, and the Parmesan. Put the spinach in a salad spinner, wash, and spin dry. Now you're ready to assemble.

2. In the bottom of a 5- to 6-qt. slow cooker, spread a thin layer of the sauce. Top with 4 of the noodles (breaking to fit as necessary.) Spread 1 1/2 cups of the sauce over the noodles (be sure to cover completely with sauce so the noodles don't dry out). Layer with 2 cups of the spinach and 1 1/2 cup of the cheese mixture.

Repeat twice more with the noodles, sauce, spinach, and cheese mixture. Top with the remaining 4 noodles, sauce, and 1 cup mozzarella.

3. Cover and cook on low until the noodles are tender, 3 to 3 1/2 hours. Test the noodles for doneness by inserting a paring knife in the centre of the lasagna (if it goes in easily, it's ready). **BOTH RECIPES,**

Don't panic

Chopping garlic may cause you concern, but the rest of it is just measuring, pouring and layering.

COPYRIGHT © 2013 BY JESSICA SEINFELD FROM *THE CAN'T COOK BOOK* PUBLISHED BY ATRIA BOOKS, A DIVISION OF SIMON & SCHUSTER, INC.

Ingredients and Tools

- 4 cloves garlic
- 2 cans (28 oz each) crushed tomatoes
- 2 tbsp dried oregano
- 1/2 tsp kosher salt
- 1/4 tsp crushed red pepper
- 1/4 tsp freshly ground black pepper
- 2 containers (15 oz each) whole milk or part-skim ricotta cheese
- 2 cups (8 oz) grated mozzarella (1 cup + 1 cup)

- 1/4 cup grated Parmesan
- 5 oz fresh baby spinach (about 6 packed cups)
- 16 lasagna noodles (about 3/4 of a 1-lb box)

Tools

- 5- to 6-qt slow cooker, 2 medium bowls, cutting board, chef's knife, cheese grater (if grating it yourself), salad spinner, measuring cups and spoons, 2 spoons, paring knife

Cookbook of the Week

Conquer the kitchen



If you and the kitchen don't get along, Jessica Seinfeld's *The Can't Cook Book* is for you.

Seinfeld's calm approach to cooking will put any nervous cook at ease. At the beginning of each dish, she explains up front what the challenge will be and then shows readers exactly how to overcome the hurdles.

Among the recipes you can master with *The Can't Cook Book* are Fresh Berry Crumb Bake, Hoisin Halibut, Simple Peppercorn Steak and more. **METRO**

Back to roasted basics

"This is too easy and essential for the carnivore not to learn. It's the first recipe I teach my Can't Cook friends," writes Jessica Seinfeld about this Seriously Basic Roast Chicken in her book *The Can't Cook Book*.

1. Heat the oven (with the oven rack in the middle) to 425 F.

2. Let's get everything ready before you touch the chicken: wash the lemon and pierce several times with the tip of a paring knife; wash the rosemary sprigs. Set out your oil, salt, and pepper. Keep paper towels handy.

3. Remove and discard the packet of giblets from the chicken. Wash the chicken inside and out and pat dry with paper towels. Measure the oil, then drizzle and rub it over the chicken. Measure the salt and pepper (about 24 turns on a pepper mill) and sprinkle on



This recipe serves four. CONTRIBUTED

the chicken, inside and out. Stuff the lemon and whole rosemary sprigs into the cavity. Snip a forearm's length of kitchen twine and tie the legs together.

4. Place the chicken in the skillet and transfer to the oven (legs facing back). Roast until

an instant-read thermometer reaches 165 F when inserted into the thickest part of the thigh, 50 to 60 minutes (check after 50 minutes). Transfer to a clean cutting board and let rest 5 to 10 minutes before carving. After it's carved, reheat the pan drippings and drizzle over the chicken.

Ingredients and Tools

- 1 lemon
- 3 sprigs fresh rosemary
- 1 tbsp extra virgin olive oil
- 1 tsp kosher salt
- 1/2 tsp freshly ground black pepper
- 1 whole chicken (4 lbs)

Tools

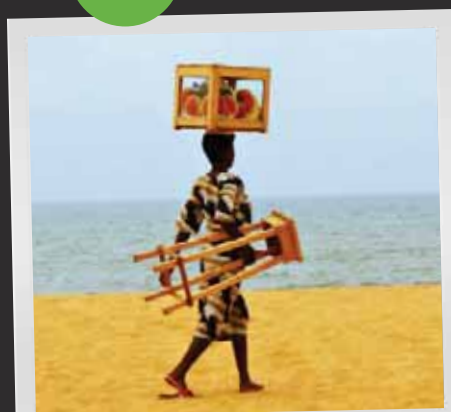
- cutting board, scissors, measuring spoons, paring knife, kitchen twine, large oven-proof skillet, kitchen timer, instant-read thermometer, chef's knife

Don't panic

Washing the chicken definitely freaks some people out, so be sure to keep paper towels handy for this recipe. Tying the legs together is easy. Carving is a fun adventure.

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Accessories add polish

Finishing touches. Part 4 of our series on living room decor will help you avoid the pitfalls of choosing pillows, throws, vases, rugs and more



DESIGN CENTRE
Karl Lohmes
home@metronews.ca

In this four-part series, we're serving up some lessons to help get your living room looking fabulous in time for the holidays. This week, in our fourth installment, we complete the living room with some classic and not-so-pricey accessories.

Many decorating enthusiasts fare well when it comes to painting their walls and purchasing furniture, but when it comes to accessorizing, they lose control. So here are a few tips on how to incorporate some classic accessories into your living room for a finished and polished look.

Pillows and throws

- If you have a patterned sofa or chair, then choose monochromatic pillows; allow texture to add interest.
- Down-filled cushions are for comfort, Dacron-filled cushions are for support.
- Measure the depth of your sofa or chair seat cushion; a pil-

low should never take up more than a third of that depth.

- Firm lumbar pillows (the long skinny ones) act as great lower back support without looking too bulky.

Vases and bowls

- Keep the height of a vase low on the coffee table and higher on end tables.
- A large bowl can act as a catch-all for television converters, cell phones and magazines.
- Vintage-inspired glass accessories look great in contemporary or traditional spaces.

Area rugs

- The front legs of your living room's upholstered furniture should be sitting on the area rug. If they don't, it's too small.
- An area rug with a centre design pattern works best in a living room.
- If your living room is void of colour, then add some with an area rug and vice versa.

A few designer rules

- Be consistent with accessory colours used in each room.
- If choosing plain-coloured accessories, then make sure they have texture. This will add interest.
- Place accessories in groupings by area — for instance, the sofa and coffee table area, the mantel and the credenza. Accessorizing vignettes is easier than entire rooms.

Got a plain sofa? Add a patterned rug to wake up the living room. Buzz cotton dhurrie, \$299, cb2.com.



A low glass bowl or tray helps to keep small items organized. Sandia Platter, \$65, crateandbarrel.com.



Add life to a corner chair (or simply hide a stain). Mohair plaid throw, \$199, zarahome.com.



A monochromatic area rug adds colour without a loud pattern. Douse rug in purple, \$199, eq3.com.



Low vases are best for coffee and cocktail tables. Miramar vase, \$91, crateandbarrel.com.



Pillows become art. Family pillow cover, 12 x 19.5 inches, \$50, zarahome.com.

Improving efficiency

Energy. A home audit can determine if you need to make changes to improve energy use

RICHARD WOODBURY
For Metro

There is good news for people who want to improve the energy efficiency of their home but don't know where to begin. You can hire a professional to perform a home energy audit.

The professional will take measurements of your home, evaluate the quality of the insulation throughout the house and do what is known as a blower test. This test involves the use of a small fan, which determines how much air leakage is present in the home.

"You can actually feel the

cold air hitting your face or your hand and it really opens your eyes to see what your house is actually doing," said Dave Corning, a program manager with Efficiency Nova Scotia, an independent non-profit organization tasked with helping homeowners, tenants and businesses use energy better.

The data accumulated from the assessment is then input into a software program, from which an EnerGuide rating is developed. The number ranges from zero to 100 and is an indication of the overall energy efficiency of a home. Corning says anything above 80 is considered good. From there, the consumer will be



The data accumulated from a home energy audit will tally an EnerGuide rating. PETRA D/COLOURBOX

provided with a report.

"Basically, it will identify ways you can make improvements to your home," said Zygmunt Strawczynski, a program manager with EnerQuality, a for-profit Ontario company that develops and

delivers energy sustainability programs.

Some of the common recommendations these reports make include replacing windows and doors, and upgrading the insulation.

Besides the financial sav-

ings people will enjoy over time, other benefits of making upgrades include the increased comfort of living in a home that isn't drafty and cool, as well as higher indoor environmental air quality, Strawczynski said.

Gadgets make it easier to cut costs

Today's gadgets are making it easier for you to reduce energy consumption, while not sacrificing quality of life.

"It's about reducing waste and that saves money and it makes common sense," said Adam Scott, the climate and energy program manager with Environmental Defence, a Toronto-based environmental action organization. "We have all this technology today that makes it easier. It's not a chore."

While programmable thermostats aren't anything new, the latest generation is taking technology to a new level. Today's advanced thermostats offer remote connectivity, thereby allowing you to have an almost infinite level of control over heating your home.

"Now you can do what you want, when you want," said Brian Baker, the president of Custom Vac, a heating, ventilation and air conditioning company in Winnipeg.

Apps are another source for learning more about energy efficiency. In Ontario, there is a fascinating app called Gridwatch, which allows you to know in real-time what source your electricity is coming from, what the current cost of electricity is, as well as carbon emissions.

RICHARD WOODBURY

Appliances. Calculate operating costs for true savings

Shopping for an energy-efficient appliance isn't as difficult as you might think. Looking for a unit with an Energy Star certification is one way of simplifying the process.

"If you look for that, you know you're getting an appliance that is anywhere between 10 to 35 per cent more efficient," said Kari Montrichard, a residential marketing manager with B.C. Hydro.

If you are looking for even more energy efficiency, you should look for an Energy

Star unit labelled Tier 2 or 3.

While people may be tempted to focus on the up-front cost of the appliance, it's crucial they consider the unit's operating costs because spending a little more today may mean more savings down the road, thereby justifying the increased purchase price.

The easiest way to do this is to look at the appliance's EnerGuide label, which will state the appliance's average annual energy consumption in kilowatt hours. If you

Peak hours

- Depending on where you live, electricity rates may hinge on what time of day it is. If rates differ,

try to use appliances during cheaper times. For example, try running dishwashers on a delay cycle.

multiply that number by the price per kilowatt hour (from your energy provider), this will give you a rough idea of the annual operating costs.

While buying an energy-efficient appliance is an important first step, you should

also operate appliances in an energy-efficient fashion.

Some good tips are to wash clothes using a cold water setting, hang your clothes to dry rather than using a dryer, and only run a dishwasher when it is full.

"An empty dishwasher uses the same amount of energy on a full cycle as a full dishwasher," Cameron Skilling with Home Depot of Canada Inc. wrote in an email.

You should also ensure there is adequate clearance around the fridge. Skilling said manufacturers recommend at least one-quarter inch on each side and one inch on top, or the fridge's compressor "will work harder than it is intended to work."

RICHARD WOODBURY



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Rainmen's Richards makes winning pledge

NBL Canada. Dartmouth guard Richards says he expects a rejuvenated club with new attitude this season



ANDREW RANKIN

andrew.rankin@metronews.ca

Already, Tyler Richards can say this year's edition of the Halifax Rainmen will be better than last season's.

The Dartmouth native is the sole remaining player from the 2012-13 ever-changing roster, which failed to make the playoffs.

"Having a good team starts with moving the ball right, taking good shots, playing solid defence," said Richards. "I think these guys are sincerely making an effort to do these things. Last year, I found some people would say they wanted to do these things but wouldn't put the work into making it happen."

Richards was part of a Rainmen shoot-around and scrimmage held at Dartmouth High School Wednesday afternoon.

After being used sparingly last year, he said he's looking to be more of a contributor this season.

The Rainmen's pre-season schedule opens on the road on Oct. 26, against the Moncton Miracles, followed by their regular-season home opener at the Metro Centre on Nov. 1, against the Saint John Mill Rats.

Rookie coach Chris Terrell



Members of the Halifax Rainmen participate in a scrimmage held in front of students at Dartmouth High School on Wednesday afternoon. JEFF HARPER/METRO

Putting in work

"I feel like everyone here has worked hard all summer. They're willing to do whatever it takes this year to continue progressing."

Rainmen guard Tyler Richards

has gone on record saying the team will be the most talented NBL club ever assembled.

One more player was due to arrive later Wednesday evening

that would solidify his 14-man roster. Unlike last year, Terrell said the emphasis is on keeping the same group of players throughout the season.

"We're giving the opportunity for the guys to bond, to come together and be a cohesive unit," he said.

Eight players on the roster have played overseas. Two players in Cheyne Gadson and Ivan Harris have averaged 15.8 and 14 points per game, respectively, in the NBA D-League.

Another notable Rainmen signing is Canadian Stephen Sir, who holds the NCAA division I all-time best career three-

point percentage, of 46.88.

That number has improved to 50 percent in Sir's seven years pro career.

The Edmonton shooting guard is eager to keep the trend going with the Rainmen.

"I feel ready to contribute and I'm ready to go," he said. "I'm proud to be a Canadian. I'm glad there's a professional team established here; it's a good new. It's another challenge."

AUS hockey. Stienburg taking leave of absence from Huskies



Huskies men's head coach Trevor Stienburg JEFF HARPER/METRO

Trevor Stienburg doesn't know when he'll be back behind the Saint Mary's Huskies' bench.

But the team's head coach is guaranteeing a return to the club he guided to a national men's hockey championship in 2010.

"I need to take a little bit of time to step back, to reevaluate," said Stienburg. "I was a little disappointed in how I was; I wasn't myself. I don't think I was the same guy as years past."

"I think I have been too hard on the players. Maybe I was creating an environment

Taking a break

"I look at the guys like they're my younger brothers. If you're not treating people right, you should be eliminated."

Huskies coach Trevor Stienburg

that wasn't enjoyable. There's no one person who's bigger than the team, and that includes the coach."

The four-time Atlantic University Sport coach of the year admits he's had a difficult pre-

season, in which the team battled through several injuries.

"I'm a little ashamed that I put so much pressure on them in the pre-season, when I should have been enjoying it."

He also adds that between playing professionally and coaching, he's had little time for rest and balance in his life.

"My intensity has given me an awful lot. It's gotten me to where I am today and maybe it's caught up to me a little bit. I don't have any deep dark secrets. I'm reflecting, and maybe a little burned out."

For now, assistant Tyler Naugler is taking over head

coaching duties as the Huskies prepare for their season opener on the road against Moncton Aigles Bleues on Friday. In a coaching capacity, Naugler is, as Stienburg himself puts it, an extension of Stienburg, along with the rest of the coaching staff.

When the time's right, Stienburg said he'll be back.

"You don't change in a week, you don't change in a weekend. There are people out there smarter than me, and I'm listening to them and I've been surprised by their support. I'm going to keep listening." ANDREW RANKIN/METRO

Dodgers revive their bats to take Cards deep 4 times



The Dodgers' Adrian Gonzalez strokes one of his two home runs against the Cardinals on Wednesday in Los Angeles. JEFF GROSS/GETTY IMAGES

MLB playoffs. 'This series is only getting started': Gonzalez sparks L.A.'s offence with 2 homers, 3 runs

Adrian Gonzalez homered twice and Zack Greinke gave the Los Angeles Dodgers the clutch performance they needed in a 6-4 victory over St. Louis on Wednesday that trimmed the Cardinals' lead to 3-2 in the NL championship series.

Carl Crawford and A.J. Ellis also went deep for the Dodgers, who rediscovered their power stroke just in time to save their season. They held on in the ninth inning, when St. Louis scored twice off closer Kenley Jansen before he struck out pinch-hitter Adron Chambers with two on to end it.

The best-of-seven series

Game 5

6

Dodgers

4

Cardinals

shifts back to St. Louis for Game 6 on Friday night, with ace Clayton Kershaw scheduled to start for the Dodgers against rookie Michael Wacha.

When those two squared off in Game 2, the Cardinals won 1-0 on an unearned run.

"This series is only getting started," Gonzalez said. "We like where we're at."

The Cardinals also led last year's NLCS 3-1 before losing three straight games to the eventual World Series champion San Francisco Giants.

"We're looking to do the same thing," Gonzalez said.

THE ASSOCIATED PRESS

MLB playoffs. Tigers offence comes to life to even ALCS with Red Sox

A revitalized Austin Jackson delivered in manager Jim Leyland's revamped lineup as the Detroit Tigers built a big lead and held on this time, beating the Boston Red Sox 7-3 Wednesday night to even the AL championship series at 2-2.

Torii Hunter had a two-run double and Miguel Cabrera drove in two runs after Leyland dropped Jackson to eighth in the order and moved everyone else up a place following the Tigers' 1-0 loss in Game 3. Jackson drew a bases-loaded walk off Jake Peavy for the first run of Detroit's five-run second inning.

Doug Fister allowed a run in six innings, and after blowing a 5-0 lead in Game 2, Detroit kept the Red Sox at bay Wednesday.

Game 5 is Thursday night in Detroit. The Tigers' Anibal Sanchez faces Boston's Jon Lester in a Game 1 rematch won by Detroit.

THE ASSOCIATED PRESS



Tigers celebrate Wednesday night's win over the Red Sox in Detroit.

THE ASSOCIATED PRESS

Game 4

7

Tigers

3

Red Sox

NBA

Rose treats fans to vintage outing

Derrick Rose scored 22 points in his long-awaited return to the United Center court to lead the Chicago Bulls to a 96-81 pre-season victory over the Detroit Pistons on Wednesday night.

The way Rose was dominating, it was hard to believe nearly 18 months had passed since he suited up for a game in this arena. The explosiveness was back after he spent last season recovering from knee surgery, and when he wasn't finishing drives, the former MVP was hitting his free throws.

THE ASSOCIATED PRESS

Entering the Hall of Fame



"I thought I was dreaming, obviously — and I still am."

Curler Russ Howard describing his reaction to the news of his naming into Canada's Sports Hall of Fame. Joining Howard in this year's class of athletes are former NHL star Joe Sakic, cyclist Alison Sydor, five-time Paralympian Andre Viger and the 1992 Olympic champion women's coxless four rowing team of Kirsten Barnes, Brenda Taylor, Jessica Monroe-Gonin, Kay Worthington and Jennifer Walinga.

NHL. Roy cools off to help his Avs to record start

Patrick Roy has been way more composed than combustible on the bench through the Colorado Avalanche's sizzling start to the season.

Then again, there hasn't been much that has gone wrong for the goalie-turned-coach who is well known for his fiery personality.

Sure, there was that meltdown in his first game in charge when he nearly crashed through a glass partition during an argument with Anaheim's Bruce Boudreau following a 6-1 win. Other than that, he's been fairly mild-mannered.

Roy's players certainly don't view him as volatile so much as an invigorating presence that's ignited a much-needed spark. Behind Roy, the team is 6-0 and can match the best start in franchise history with a win over the Detroit Red Wings on Thursday night.

"There's never panic with him," forward Matt Duchene explained. "We could be playing awful, be down a bunch of goals and he doesn't really panic that much. It's nice to have a guy like that behind you."

This is the nurturing side of Roy, instilling confidence through compliments. He actually gave the team a break



Colorado coach Patrick Roy

GETTY IMAGES

Full circle

With a win Thursday, Roy would break the mark for most NHL wins to start a coaching career. He shares the record with Mario Tremblay, who won his first six games with Montreal in 1995-96, a team Roy played for before being dealt to the Avalanche that season after a falling out with Tremblay.

from the ice Wednesday because he thought they were looking a little tired.

"He knows how to win and he's won before, so that jolt of energy has done a lot for us," defenceman Erik Johnson said.

THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

	GP	W	L	OL	SL	GF	GA	Pt
d-Toronto	7	6	1	0	0	27	16	12
d-Pittsburgh	6	5	1	0	0	23	15	10
Detroit	7	5	2	0	0	18	16	10
Montreal	6	4	2	0	0	20	10	8
Tampa Bay	6	4	2	0	0	23	15	8
Carolina	7	2	2	1	2	15	21	7
Boston	5	3	2	0	0	12	8	6
Ottawa	6	2	2	1	1	15	19	6
NY Islanders	6	2	2	0	2	19	17	6
Columbus	5	2	3	0	0	12	12	4
NY Rangers	6	2	4	0	0	11	25	4
Washington	7	2	5	0	0	17	24	4
Florida	7	2	5	0	0	16	28	4
New Jersey	6	0	3	1	2	11	21	3
Buffalo	8	1	6	1	0	11	21	3
Philadelphia	7	1	6	0	0	10	20	2

Wednesday's results

NY Rangers 2 Washington 0

Calgary at Anaheim

Tuesday's results

Toronto 4 Minnesota 1

Pittsburgh 3 Edmonton 2

Vancouver 3 Philadelphia 2

Ottawa 4 Phoenix 3 (OT)

San Jose 6 St. Louis 2

Colorado 3 Dallas 2

Nashville 4 Florida 3

Tampa Bay 5 Los Angeles 1

Chicago 3 Carolina 2 (SO)

Buffalo 4 NY Islanders 3 (SO)

Montreal 3 Winnipeg 0

Detroit 2 Columbus 1

Thursday's games

All times Eastern

Vancouver at Buffalo, 7 p.m.

Edmonton at NY Islanders, 7 p.m.

Carolina at Toronto, 7 p.m.

Pittsburgh at Philadelphia, 7 p.m.

Minnesota at Tampa Bay, 7:30 p.m.

Columbus at Montreal, 7:30 p.m.

New Jersey at Ottawa, 7:30 p.m.

Boston at Florida, 7:30 p.m.

Los Angeles at Nashville, 8 p.m.

WESTERN CONFERENCE

	GP	W	L	OL	SL	GF	GA	Pt
d-San Jose	6	6	0	0	0	30	9	12
d-Colorado	6	6	0	0	0	21	6	12
Chicago	6	4	1	0	1	18	15	9
Phoenix	7	4	2	1	0	20	21	9
St. Louis	5	4	1	0	0	21	13	8
Anaheim	5	4	1	0	0	18	12	8
Calgary	5	3	0	1	1	18	17	8
Vancouver	7	4	3	0	0	20	22	8
Minnesota	7	3	2	1	1	17	17	8
Los Angeles	7	4	3	0	0	17	19	8
Nashville	6	3	3	0	0	13	18	6
Winnipeg	7	3	4	0	0	17	19	6
Dallas	5	2	3	0	0	11	14	4
Edmonton	7	1	5	1	0	21	32	3

d — division leader; x — clinched playoff berth.

St. Louis at Chicago, 8 p.m.

San Jose at Dallas, 8:30 p.m.

Detroit at Colorado, 9 p.m.

Friday's games

St. Louis at Winnipeg, 8 p.m.

Phoenix at Anaheim, 10 p.m.

MLB PLAYOFFS

LEAGUE CHAMPIONSHIPS

(Best-of-7 series)

NATIONAL LEAGUE

ST. LOUIS (1) VS. L.A. DODGERS (3)

(St. Louis leads 3-2)

Wednesday's result

L.A. Dodgers 6 St. Louis 4

Tuesday's result

St. Louis 4 L.A. Dodgers 2

Friday's game — All times Eastern

L.A. Dodgers (Kershaw 16-9) at St. Louis

(Wacha 4-1), 8:37 p.m.

AMERICAN LEAGUE

BOSTON (1) VS. DETROIT (3)

(Series tied 2-2)

Wednesday's result

Detroit 7 Boston 3

Tuesday's result

Boston 1 Detroit 0

Thursday's game — All times Eastern

Boston (Lester 15-8) at Detroit (Sanchez

14-8), 8:07 p.m.

CFL

EAST

	GP	W	L	T	PF	PA	Pt
x-Toronto	15	9	6	0	425	394	18
x-Hamilton	15	8	7	0	384	401	16
Montreal	15	6	9	0	376	419	12
Winnipeg	15	3	12	0	313	486	6

WEST

	GP	W	L	T	PF	PA	Pt
x-Calgary	15	12	3	0	486	349	24
x-Saskatchewan	15	10	5	0	433	325	20
x-B.C.	15	9	6	0	421	390	18
Edmonton	15	3	12	0	349	423	6

x — clinched playoff berth.

Friday's game — All times Eastern

Calgary at Edmonton, 9 p.m.

Saturday's games

Toronto at Pittsburgh, 3:30 p.m.

B.C. at Saskatchewan, 7 p.m.

Sunday's game

Hamilton at Montreal, 1 p.m.

NFL

Thursday's game — All times Eastern

Seattle at Arizona, 8:25 p.m.

Sunday's games

Cincinnati at Detroit, 1 p.m.

San Diego at Jacksonville, 1 p.m.

St. Louis at Carolina, 1 p.m.

Chicago at Washington, 1 p.m.

New England at N.Y. Jets, 1 p.m.

Buffalo at Miami, 1 p.m.

Dallas at Philadelphia, 1 p.m.

Tampa Bay at Atlanta, 1 p.m.

San Francisco at Tennessee, 4:05 p.m.

Cleveland at Green Bay, 4:25 p.m.

Houston at Kansas City, 4:25 p.m.

Baltimore at Pittsburgh, 4:25 p.m.

Denver at Indianapolis, 8:30 p.m.

Monday's game

Minnesota at N.Y. Giants, 8:40 p.m.

MLS

Wednesday's result

Montreal at Los Angeles

Friday's game — All times Eastern

D.C. at Kansas City, 8 p.m.

Saturday's games

Philadelphia at Montreal, 2 p.m.

Seattle at Dallas, 2:30 p.m.

Vancouver at Colorado, 6 p.m.

Columbus at New England, 7:30 p.m.

Toronto at Chicago, 8:30 p.m.

Salt Lake at Portland, 10:30 p.m.

Horoscopes

Aries

March 21 - April 20

The approaching lunar eclipse in your sign could play havoc with your emotions over the next 48 hours. There is not a lot you can do about it except hold on tight and get past it.

Taurus

April 21 - May 21

Frustration could be a problem today but don't let it get out of hand or you could say things that offend people in positions of power. Also, don't get angry with others for things that are your own fault.

Gemini

May 22 - June 21

You may not get the level of co-operation you want from loved ones and colleagues today but so what? You have what it takes to make a success of your life — without help.

Cancer

June 22 - July 23

You may be tempted to throw caution to the wind and force through changes that cannot later be undone but think carefully before you do. The fact is you may not be thinking at all right now. It's all emotion.

Leo

July 24 - Aug. 23

Others will look to you to take the lead and you must not let them down. It may be tiresome having to be the one who always makes decisions but that's part of your special role in life.

Virgo

Aug. 24 - Sept. 23

It might be wise to avoid making deals over the next two or three days. Tomorrow's lunar eclipse will make it almost impossible to get straight answers to straight questions. You have been warned.

Libra

Sept. 24 - Oct. 23

You may be prepared to cut corners to get what you desire but the planets warn the consequences could be dire, so think before you act. Whatever you are planning, it won't hurt to leave it a day or two.

Scorpio

Oct. 24 - Nov. 22

You may think that you are involved in a battle that you cannot win but don't throw in the towel. Tomorrow's eclipse could well clear away the obstacles in your path, leaving you well placed to seize victory.

Sagittarius

Nov. 23 - Dec. 21

You know what you should be doing, so why are you not doing it? You are advised to leave it a few days because tomorrow's eclipse will disrupt things dramatically, hopefully for the better.

Capricorn

Dec. 22 - Jan. 20

The fewer things you have to focus on today, the less chance there is that you will get into trouble. For best results, sit back and let life come to you.

Aquarius

Jan. 21 - Feb. 19

You don't have to put on an act and pretend you are happy when you are anything but. Whatever it is that has annoyed you so much, make sure the world knows about it. Kick up a fuss and get it put right.

Pisces

Feb. 20 - March 20

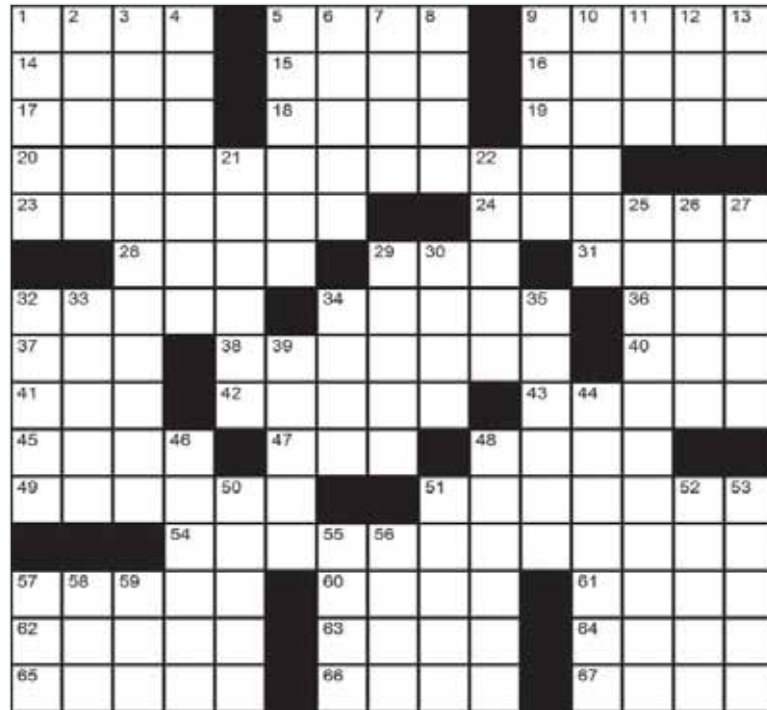
You will have to pick your way through a minefield of misinformation today. Listen to your instincts, but make sure you know all the facts too.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Learning basics
- Rushed letters?
- Real ___ (Authenticity)
- Billy Crystal sitcom
- Sleuth's lead
- Gnaw geologically
- Money ___ object
- ___ Saint-Luc, Quebec
- Novelist Ayn's
- Info-disclosing link at a webpage's bottom: 2 wds.
- Open land area
- "Frida" or "Ray"
- Abbrs. in business names
- '_' in Jasper
- Emperor of Rome
- Annually, ___ year
- "The Crucible" (1996) setting
- Resume no.
- Mil. rank
- River in Alberta; or, Valley in Manitoba
- Murder trial's li'l bit of proof
- Grammy competitor, e.g.
- Gives the cold shoulder
- Helps in dishwashing
- His 'n' ___
- Filmmaker org.
- City of France



- Help in hockey goal-making
- "I Will Wait" by ___ & Sons
- Created-in-Calgary cocktail: 2 wds.
- Where Tripoli is the capital
- Stench
- Ailed, ___ fever

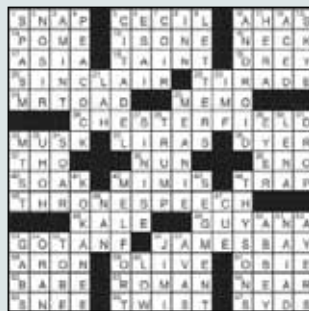
- Hall & Oates hit: "___ Education"
- One-minus-One
- ___ a shirt in
- Analyze/break down
- Roughly: 2 wds.
- "What's Hecuba to him ___ to Hecuba..." - Hamlet

Down

- Foreigner's "Cold ___": 2 wds.
- Fenway Park baseball team, to fans
- Ancient Egypt: Containers used to store the mummy's internal organs: 2 wds.
- City in Washington
- Admission
- Slippery ___
- Car
- Chemical ___ (Dermatology service)
- Thanks, in Quebec City
- Colouring book need
- Jailbird

- "The ___ Couple"
- Thumbs-up
- HOW THIS IS WRITTEN: 2 wds.
- Henrik ___ (A Doll's House playwright)
- Dino on "The Flintstones": 2 wds.
- Songbook standard: "Goodnight, ___"
- Pepsi
- ___ the Hutt
- Actress Ms. Larter's
- D-Day beach
- Monickers
- Super pleased with oneself
- Puccini opera, ___ Butterfly
- Put an ___ (Halt): 2 wds.
- Cite or make mention of: 2 wds.
- Prophetesses of classical mythology
- Clock kind
- Writing tablet
- "Saturday Night Live" alum Mike
- Variety of salad dressing
- Toronto-born rapper
- Particular pasta
- ___ Lake, Nfld.
- Jogger's once-around
- Apples: ___ Red
- Li'l office

Yesterday's Crossword

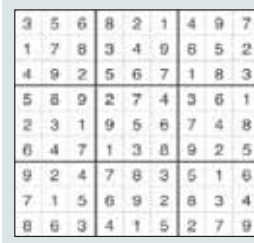


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today

19°/11°
Showers
40%

Friday

15°/10°
Showers
70%

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